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‘Detrimental’ to public safety

REVIEW

Union warns against staffing fire stations with volunteers



**Stephanie
Taylor**
Metro | Halifax

The head of the Halifax Professional Firefighters union believes switching three stations from full-time to volunteer staff would jeopardize the public's safety.

Jim Gates disputes findings in a new staff report headed to City Hall on Tuesday that recommends converting Station 4 (Lady Hammond Road) and Station 11 (Patten Road) into e-platoon models, while changing Station 13 (King Street) into a volunteer unit, in order to meet Halifax Fire and Emergency Services staffing requirements.

“It is going to be extremely detrimental to the safety of

the citizens in those areas,” he said Monday.

Those stations were slated for decommissioning following an operational review by the department's top brass in order to reallocate resources.

However, Halifax regional council voted down that recommendation in May.

Since then, Halifax fire services have been working on a plan to meet the proper staffing levels at those stations — which were previously understaffed — in order to keep their doors open.

That means ensuring fire stations are staffed with at least four-person crews. But Gates argues transitioning into an e-platoon style of coverage, which relies on volunteer firefighters during overnights and weekends, instead of 24/7 coverage by career staff, would delay response times.

“When the call goes out, the volunteers in those areas would be paged, they would then have to get ... to the fire station, pick up a fire truck and then go to the emergency,” Gates said.

“You're looking at an extended time of anywhere from eight to ten to twelve minutes before you get a fire truck on the scene,” he said, adding that four-minutes from when a 9-1-1 call is placed is industry standard.

Staff said converting to e-platoons and volunteer stations would allow for two aerial trucks to be available on both sides of the harbour and “free up to 40 firefighter personnel that can be redeployed” elsewhere.

“Public safety is being put at risk so that the bottom line of the city can be improved in cost savings,” Gates said.

15%

Converting to e-platoons and volunteer stations would also cut overtime costs by up to 15 per cent, the report says.



FACE TIME

Prime minister welcomes premiers

metroNEWS

Justin Trudeau speaks to Premier Stephen McNeil at the First Ministers meeting at the Canadian Museum of Nature in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

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Regional council examines resettlement plan for refugees

CITY SERVICES

Staff suggests 12 projects that say 'we want you here'



Stephanie Taylor
Metro | Halifax

The same day the prime minister is set to unveil Canada's

refugee resettlement plan, Halifax's council will discuss what our municipality can do to offer support to the newcomers.

On Tuesday, a report outlining HRM's proposed refugee support plan will be debated at the city's regional council meeting.

The plan was completed following an earlier council decision — initiated by Mayor Mike Savage — for the municipality to call for more refugee resettlement in Nova Scotia, which included adopting specific measures



The municipality can play a large role in supporting the settlement of refugees coming to Halifax ... by helping coordinate services.

Gerry Mills

ures to better welcome refugees into HRM.

"It's wonderful that a report has actually been done," Gerry Mills, Director of Operations for Immigration Services Association of Nova Scotia, said Monday.

"They're going to be people who need the services," she said of refugees. "It's an opportunity for us, as a community to say, 'Welcome,' 'We want you here.'"

Included in the report is a list of 12 steps staff suggests the

municipality take in order to ease refugees into their resettlement process.

"The municipality can play a large role in supporting the settlement of refugees coming to Halifax, first by helping coordinate services upon arrival and second, by the provision of municipal services to support both refugee resettlement and integration," reads the report.

Offering refugees temporary Halifax Transit passes during their first-year of resettlement,

+ INITIATIVES

Gerry Mills said these initiatives will be of significant help to refugees as they try to "normalize their life" once they arrive in the province.

and providing discounted fees to use the city's 28 recreational facilities are two such steps, according to the report.

5

STEPS HALIFAX PLANS TO TAKE TO HELP SYRIAN FAMILIES

Municipal staff have outlined a set of initiatives that the region can implement to help refugee families seamlessly integrate into the community. Ranging from discounted access to HRM's recreation centres to temporary bus passes, here are five ways Haligonians can provide a helping hand.

STEPHANIE TAYLOR METRO



1 Temporary transit pass

Providing refugees with a temporary Halifax Transit pass during their first-year of resettlement has been offered by the city. Also being considered is the implementation of a special municipal ID card for refugees to access transit, recreation and library services.



2 Resumés

Refugees may be given the opportunity to familiarize themselves with HRM's workforce through sessions hosted by the city's department of human resources, which will include support for resumé and cover letter writing.

3 Emergency shelters

The city plans on coordinating with community organizations, such as the Immigrant Services Association of Nova Scotia, Shelter Nova Scotia and the Halifax Refugee Clinic to offer temporary emergency shelters to refugees.



4 Access to recreation facilities

During their first year of resettlement, refugees may have access to some form of "relief" in order to access one of HRM's 28 owned and operated recreational facilities. The city will encourage multi-district and community-owned facilities to offer similar discounts.



5 Police

Halifax Regional Police, in partnership with the city's department of diversion and inclusion, plans to host workshops and other outreach sessions to support refugees overcoming any fear of police they may have experienced in their personal lives.

Police hunt sex attacker

CITADEL HILL

Assault on Saturday, no public release until Monday



Haley Ryan
Metro | Halifax

Halifax Regional Police acknowledge the public should have been told earlier about a sexual assault they say happened early Saturday morning near Citadel Hill.

Around 12:15 a.m., a 27-year-old woman was in the Garrison Grounds area by Sackville Street and Bell Road, when a man approached her and made a sexual comment while he touched himself, said Halifax Regional Police.

The man then grabbed the woman and pushed her to the ground from behind. She screamed and fought the man off.

Police believe that turn of events likely caused the man to run away from her, in



Bell Road, near the corner of Sackville Street, which is also near the Garrison Grounds.

JEFF HARPER/METRO

the direction of the Cogswell Roundabout.

"This young lady did nothing wrong. Obviously the man we're pursuing has issues," police spokeswoman Const. Dianne Woodworth said Monday.



Obviously, the man we're pursuing has issues.

Const. Dianne Woodworth

The man is described as about five-foot-six with a slim build.

He was wearing a black hoodie, black sweat pants and a dark-coloured toque at the time.

Police said his ethnicity is

+ INFORMATION

Your tips on this case can help police

Anyone who has information about the suspect, or who witnessed anything unusual in the area of the Garrison Grounds at the time of the incident, is asked to contact police at 902-490-5016 or send an anonymous tip to Crime Stoppers.

unknown but that he spoke with an accent.

Soon after the incident, officers arrested a 28-year-old man matching the man's description near the Cogswell roundabout, but he was released around 4 p.m. Saturday pending further investigation.

The release to the public on the sexual assault was sent Monday morning, which Woodworth said was unacceptable.

"It should have gone out," Woodworth said.

"We're definitely looking into that. That won't happen again."

EASTERN PASSAGE

Man at gunpoint in home

Two people broke into an Eastern Passage residence on Sunday morning and pointed a gun at the homeowner, say police.

According to a news release, Halifax District RCMP officers responded to a report of a break-in at around 10 a.m., at a home on Thorncrest Court.

RCMP said their investigation revealed that a man and woman entered the home, then pointed a gun at the male homeowner just before 8:30 a.m. and demanded money.

The two intruders then fled in a white vehicle, driven by a second man parked outside.

The homeowner was not injured, police said.

Anyone who may have seen the vehicle or suspicious activity in the area at that time is asked to contact RCMP at (902) 244-7208, Halifax Regional Police at 902-490-5180, or send an anonymous tip to Crime Stoppers.

HALEY RYAN/METRO



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Andrew Younger, a former Liberal cabinet minister, is shown in this file photo. ANDREW VAUGHAN/THE CANADIAN PRESS

Ex-minister's secret talk handed to RCMP

SCANDAL

Chief of Staff denies wrongdoing as saga unfolds

A conversation contained in an audio file that was secretly taped by a politician and became the subject of a warrant issued by the Nova Scotia legislature doesn't tell the whole story, says the premier's chief of staff.

The 12-minute, 10-second recording of a conversation between former cabinet minister Andrew Younger and Kirby McVicar was released Monday

by legislature Speaker Kevin Murphy. Murphy also released a letter and a sworn affidavit that was submitted by Younger ahead of a noon deadline.

The recording was secretly made by Younger at his constituency office on Feb. 12, while he was on leave of absence from cabinet for publicly declared health and personal reasons.

Two shorter portions of the recording were previously released, one by Younger to the CBC and another last week by

the premier's office after it was given to them anonymously.

In the shorter 43-second portion released by the premier's office on Thursday, McVicar apparently

offers Younger's wife a job. In the longer version, the offer of a possible personal services contract appears to be made, unsolicited.

Younger was compelled by the legislature to hand over the recording on Friday after the Liberal government alleged there was more to the conversation.

"Although Mr. Younger may say that is the full audio, it may be the full audio, but it's not the full conversation that we had that day," McVicar said in an interview on Monday.

THE CANADIAN PRESS

+ PROBE

Premier Stephen McNeil handed the letter and audio file over to the RCMP, saying they appear to make a serious allegation but much of the context was missing. The RCMP later confirmed that they had "initiated an investigation."

It's not the full conversation that we had that day.

Kirby McVicar

NOVA SCOTIA LEGISLATURE

Younger claims tape was 'unedited'

In an email, Andrew Younger denied Monday that there was anything more to the conversation he had with Kirby McVicar.

"I think the recording clearly shows he (McVicar) brought it (the job offer) up out of the blue," said Younger. "I never asked for anything in compensation or otherwise."

Younger also denied saying he had a brain tumour and that it was well known he had been suffering from headaches that he continues to be treated

for. Younger confirmed he has been diagnosed with PTSD and that the premier's office was aware of the condition.

Murphy said Younger was in compliance with the warrant, but it is up to the legislature to decide how it wants to proceed with the matter.

Younger, who is now sitting as an independent, had previously said he no longer had the full recording because his smartphone had been wiped by the government following his dismissal.

In an affidavit, Younger said he checked for a copy of the recording on a backup service on Friday after a reporter asked him about his constituency expense for the service.

"I realized I had not considered the cloud backup as a possible location of the recording, as it is not something I regularly access," the affidavit states.

Younger also swears in the affidavit that the entire file was "unedited in any way."

THE CANADIAN PRESS



Premier Stephen McNeil.
THE CANADIAN PRESS



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DOWNPOUR HEAVY RAIN, HIGH WINDS PELT CITY A pedestrian shields herself from intense rainfall during a walk down Spring Garden Road on Monday. Halifax received a torrent of rain Sunday night into Monday, with strong winds. JEFF HARPER/METRO

Heroic stranger comes forward

GOOD SAMARITAN

Rescued man suffering from dangerous aneurysm

Ryan Potter doesn't consider himself a hero, but Andrew Williams of Kentville would beg to disagree.

Last month, Williams was driving through Eagle Head, just outside Liverpool, when he got a stabbing chest pain. He was sure he was having a heart attack. He pulled into the nearest driveway, and was greeted immediately by a man named Ryan, who rushed him to the hospital.

Ever since, Williams has been searching for the man he only knew as "Ryan," because he believes Ryan saved his life.

It turned out that Williams was not having a heart attack, but an aortic aneurysm.

"Part of why I am determined to find Ryan is that the survival rate is so poor for that condition. Fifty per cent die before they make it to the hospital, 30 per cent die on the operating table, so I owe this man my life," Williams said this week.

"I want him to know that I'm alive and that he's the reason."

Well, Ryan has been found. After the story appeared online last week, Potter's phone blew up with calls. He came forward, somewhat reluctantly, because he says he just did what any person would do.

He remembers that day well.

"I just got home and I was just literally lying on the couch, watching TV relaxing, and then I look out



Ryan Potter was lounging in his home one afternoon when Andrew Williams of Kentville pulled into his driveway with a stabbing pain in his chest. Within seconds, Potter was driving Williams to the hospital in order to save his life. TC MEDIA

and I see the car parked in front of my yard," says Potter. "And I see him get out, and he had his head on the roof of his car, and then he pulled in the driveway and then I just went outside and said, 'Can I help you?' and he said to me right off, 'I think I'm having a heart attack.'"

The two decided it would take too long to wait for an ambulance, so Potter grabbed Williams' keys and headed off to Queens Regional Hospital.

The drive, he says, was fast — and scary.

"His chest was tight, he

was a little white, I was probably more nervous. I was more worked up than what he was, I think," said Potter.

They made it to the hospital in record time.

"Yeah, we broke a few laws. I was always an extreme driver."

As for his reaction to Williams' gratitude, Potter is overwhelmed.

"I almost had a tear in my eye, really. You know I can't even describe the words to explain it. Like for me it was just a thing that I hope any person would do." TC MEDIA

I can't even describe the words to explain it. Like, for me it was just a thing that I hope any person would do.

Ryan Potter, on saving Andrew Williams' life

INNOVATION

Grant to combat sexual violence

Nova Scotia community groups and non-profit organizations can now apply for grants meant to help them create and develop "innovative ideas on how to prevent sexual violence."

The one-time financial boosts of up to \$5,000 or \$50,000 — depending on the project — will be available this year and next, the provincial government announced Monday.

The Prevention Innovation Grants amount to a total investment of \$1.2 million, according to a community services department news release.

"No one wants to be a victim or perpetrator of sexual violence — yet sexual violence is so prevalent in our society," said Julie Veinot, executive director of the Lunenburg County Sexual Health Centre, in the release.

"That means we must work

+ HOW TO APPLY

Applications are available at novascotia.ca, with a deadline of Jan. 15, 2016.

to prevent this insidious form of violence, not only for us, but for all the children coming behind us who deserve to see sexuality as a positive aspect of life." METRO

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Young lobster count dropping

CONSERVATION

Research finds fewer juveniles this year

There's been a bit of inconsistency in the results over the past three years from juvenile lobster research that's gone on in western Nova Scotia.

Each year researchers collect samples of juvenile lobsters from the ocean floor in Lobster Bay in Yarmouth County and St. Mary's Bay in Digby

County to track levels of juvenile lobster.

Three years ago scientists said there were "troubling signs."

Last year they said sampling had yielded the highest levels ever.

The lobster larvae — hatched from lobster eggs — researchers are pulling up to the surface from the ocean floor look just like adult lobsters, except you can hold a bunch of them in the palm of your hand.

This year the numbers aren't as high as they were last year.

"The numbers were definitely lower than last year," says Department of Fisheries and Oceans research scientist Adam Cook. "They're more on par with what we've seen in past years."

Cook says the true story won't be known until years down the road. It takes seven years, on average, for settled lobster larvae to reach the fishery. Still, DFO scientists have been saying in recent years that the stock and landings remain at an all-time high.

"Under a long-term monitor-

ing program like this we hopefully can get a better picture of what's coming down the pipe for the future and be able to get a better handle on lobster production," Cook says.

Many people take part in the research, including DFO and the Bedford Institute of Oceanography, the Fishermen Scientists Research Society and local fishermen whose boats are chartered to carry out the research.

"Hopefully we'll be able to keep this program for a while," he says. TC MEDIA



A researcher holds juvenile lobsters. TC MEDIA



CRUISING' ON A SUNNY AFTERNOON Cruise ship passengers enjoy a walk along the boardwalk past Holland America's Eurodam this past cruise ship season. The Port of Halifax announced Monday that 222,309 passengers on 141 vessel calls visited this season. The season ran April 27 to Nov. 2. JEFF HARPER/METRO

POLICE FORCE

What's in a mane? This cadet gets a new name

Halifax Regional Police's latest four-legged recruit is no longer a horse with no name.

The police force announced Monday its new police horse cadet has been dubbed Valour, or Val for short, following a recent naming contest for elementary school-aged children.

More than 200 creative kids from across the municipality submitted ideas for the new horse, a five-year-old dark brown Percheron/thoroughbred mix, previously called Garran.

He has a white patch on his forehead that looks like a police badge.

It was five-year-old Kylie Wellwood who submit-

ted the winning name. Police say she'll receive a prize pack and participate in Valour's swearing-in ceremony.

Valour becomes a new stablemate for Duty Sergeant, also known as Sarge, and replaces Patrol Cruiser, also known as Cruise, who retired last October.

Valour is originally from a farm in Wilmore, Ky., and is described by his partner, Const. Chris Tracey, as "a very calm and inquisitive boy who likes to problem solve and is eager to please." METRO



Valour and Const. Chris Tracey.
HALIFAX REGIONAL POLICE

IN BRIEF

Man facing charges for weapons, uttering threats

A Halifax man is facing 35 charges after RCMP seized guns, prohibited magazines of ammunition and a Kevlar vest.

On Nov. 10, a man reported to Halifax Regional RCMP that he'd received threatening phone calls, and was worried about his safety. On Friday, street crime enforcement searched a suspect's Halifax residence and seized a 9mm handgun, two semi-automatic rifles, 28 prohibited magazines with over 500 rounds of ammunition, Kevlar vest, and a quantity of cash.

"It is concerning," Nova Scotia RCMP spokesman Cpl. Andrew Joyce said Monday. "Especially where weapons are prohibited."

Samir Dib Elias of Halifax has been charged with 35 offences including: intimidation of a justice system participant, uttering threats, transfer a firearm without authority, two counts each of unsafe storage and storage of a firearm contrary to regulations, plus 28 counts of possession of a prohibited item.

HALEY RYAN/METRO

Nova Scotia Power warns of email hoax dangers

Nova Scotia Power is warning customers of a new email hoax.

A fraudulent email that looks like it's coming from the utility company, but actually contains a virus, has been hitting inboxes across the province, Nova Scotia Power said in a

news release Monday.

The fraudulent email subject line is "Download Your E-Bill" and its content includes instructions to open a ZIP file, along with Nova Scotia Power's corporate logo, the news release explains.

"These emails are not from Nova Scotia Power," the release said.

"Nova Scotia Power does not provide customers' e-bill in a ZIP file format and customers do not need to download any component of their bill in order to view it."

Actual e-bill notifications that come from Nova Scotia Power are sent from home@nspower.ca, feature secure links to log into MyAccount, and don't include any attachments.

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IMMIGRATION

The group that's 'left behind'



Gilbert Ngabo
Metro | Toronto

Toronto refugee advocates are concerned the plan to resettle 25,000 Syrian refugees could leave behind the most vulnerable.

Government is reportedly working on fast-tracking only women, children and families, excluding any single male applicants. Details of the plan are scheduled to be released Tuesday, but it is believed the new measures stem from security concerns.

It is the only way to proceed given the "rushed" deadline pending over the Justin Trudeau government, following his promise during the campaign, said Toronto immigration lawyer Guidy Mamann.

"Children, women and families are a much lower-risk demographic than young men," he said, adding most recent terrorist attacks were "typically" carried out by young, single men.



When you decide to do something fast, you're not going to do it well.

Toronto immigration lawyer
Guidy Mamann

The issue, however, is that this selection could disqualify male refugees "just because they happen to be single," said Mamann, who has provided legal assistance to refugees from around the world for nearly 30 years.

"When you decide to do something fast, you're not going to do it well," he said, adding the project was initially ill-conceived and is prone to be ill-executed.

"I have no doubt there will be millions of Syrian refugees left behind who are better qualified than the 25,000 we're taking in."

Samir Mourani, executive director of RefugeAid, said such a plan would be understandable if it was just about prioritizing family applicants. To completely freeze out single males is "unfortunate," he said.

"They could be extremely vulnerable. Maybe they are on disability or they are being persecuted for the wrong reasons," he said.

"That's not something they chose. It's a result of the conflict. It really shouldn't be based on marital status."

All eyes turn to Canada's refugee resettlement plan

FUNDING

Leaders look for answers on how to handle mass influx

The planned announcement Tuesday of how Canada will take in thousands of Syrian refugees will drive ongoing local, national and international efforts into high gear, a program that will extend far beyond the Liberals' self-imposed end-of-year deadline.

Syrians have been steadily arriving in Canada for months and some of them will count against the Liberal promise

to resettle 25,000 people by Dec. 31 — a milestone the government is expected to say Tuesday it is unlikely to meet.

But what many are watching for alongside that is how the mass influx will be handled and who is going to pay for it.

On top of the logistical costs of getting that many people into Canada are the millions more it is going to require to look after their housing, health, education and integration requirements.

"Canadians are going to want to help and cost might not be at the top of their list of considerations but it should be on the list," said Saskatchewan Premier Brad



Premiers and mayors are justifiably wondering how the federal government is going to pay for it.

NDP Leader Tom Mulcair

Wall, in town Monday to meet the other premiers and Prime Minister Justin Trudeau.

"We'll have to do some planning for that and we hope the federal government will be generous."

The costs are not entirely unknown; the Immigration department tells private sponsors, for example, that one person would cost a minimum of around \$20,000 for the first 12 months to just cover basic

needs.

Quebec Premier Philippe Couillard said his government has already set aside funds for 3,600 people and said if the province is expected to take in a larger number, more money will be required.

"The federal government has indicated the money is there," he said.

The price tag on the Liberal program has been pegged at as much as \$1.2 billion over

the next six years, according to a document obtained last week by The Canadian Press.

The Liberal platform only booked \$250 million for the program.

"Premiers and mayors are justifiably wondering how the federal government is going to pay for it," said NDP Leader Tom Mulcair.

Security screening is another element in the mix.

It was always a factor and even before the Nov. 13 attacks in France, planners had been looking at ways to mitigate concerns, including a focus on women, children and those who might already have ties to Canada.

THE CANADIAN PRESS



Syrian refugee children play at a makeshift camp by Taybeh village, in Lebanon's eastern Bekaa Valley, where Doctors Without Borders (MSF) are offering family planning sessions. JOSEPH EID/AFP/GETTY IMAGES

VACANCY

Newcomers won't threaten housing market: Experts

25,000 people may sound like a lot of bodies to house, but by the time the Syrian refugees settle in permanent housing, no one would even notice, say housing and settlement experts.

In Ontario, for example, — which is expecting 10,000 Syrians — roughly 2,500 housing units would be required considering most refugees will come as families and live under one roof, according to University of Toronto urban

planning professor David Hulchanski.

"Ontario has about 1.3 million rental housing units. The refugees will be in temporary housing (in military bases) and we'll have housing counselors to help them," said Hulchanski, who specializes in housing, neighbourhood and community planning issues.

Many Canadians may be struggling to find affordable housing — and the social housing waiting list is long, but it

3.3%

The Canadian housing market vacancy rate, which has increased from 2.8 per cent in 2014.

doesn't mean the arriving refugees cannot be accommodated in Canada's housing market, where the vacancy rate has increased to 3.3 per cent from

2.8 per cent a year ago.

In Toronto alone, there are some 500,000 rental units on top of the 140,000 units in the 905 regions — making up almost 30 per cent of the 1.3 million rental stock in Ontario, Hulchanski said.

"We have a vacancy rate of about 2 per cent. Housing may not be cheap and it may be difficult for everybody to find a good, quality place. But the impact will be small," said Hulchanski. TORSTAR NEWS SERVICE

+ DETAILS

How much space would 25,000 refugees fill?

The number doesn't seem too daunting when compared to the capacity of some well-known sports and entertainment venues.

- 54,000: Rogers Centre
- 24,000: Tim Hortons Field
- 19,800: Air Canada Centre

TORSTAR NEWS SERVICE

DUFFY TRIAL

Court questions Donohue contracts

Was Gerald Donohue an unqualified consultant who made roughly \$20,000 for using Google, talking to Sen. Mike Duffy on the phone and cutting cheques to sub-contractors?

Or was the ailing Ottawa-area man a well-meaning, highly experienced former union and broadcasting executive who was executing legitimate Senate contracts?

Those are the two pictures emerging at Duffy's fraud, breach of trust and bribery trial, which has waited seven months to hear the details of the unusual Senate contracts with Donohue.

He suffers from failing kidneys, heart failure and diabetes and can only testify for a few hours a day, a few times a week, via video link. This delayed his appearance several times over the course of the trial. Six of the 31 charges against Duffy are linked to \$65,000 in Senate contracts awarded to Donohue between 2009 and 2012.

But there were a few very odd things about the contracts. For one, the money went to two

companies owned by Donohue's wife — he was never an employee of the firms, nor did he ever have cheque signing authority.

More importantly for this trial, Donohue paid out tens of thousands of dollars to service providers who did work for Duffy — such as a makeup artist, speech writers and an intern.

Donohue testified that his company kept between \$19,000 and \$22,000 — he wasn't exactly sure of the amount. He said he did some research on the Internet on the aging population for Duffy and would give the senator his opinion on things like

website content and the proper length of a speech. He never set foot on Parliament Hill.

Donohue sometimes had only vague recollections of why he signed cheques to others at Duffy's behest. Prosecutor Mark Holmes took Donohue through a series of payments, such as the one made to personal trainer Mike Croskery. He was paid more than \$10,000 for consulting services.

THE CANADIAN PRESS

“This first invoice that came in was signed or initialled by Duffy instructing me to pay it.”

Gerald Donohue



Prosecutor Mark Holmes (right) looks on as Gerald Donohue testifies via video in an artist's sketch at the Mike Duffy trial in Ottawa, Monday. GREG BANNING/THE CANADIAN PRESS



Prime Minister Justin Trudeau sits with various Canadian premiers as they listen to a question being asked during an information session at the first ministers meeting at the Museum of Nature Monday. ADRIAN WYLD/THE CANADIAN PRESS

Leaders meet ahead of climate summit

ENVIRONMENT

PM, premiers talk national strategy and reputation

The advent of new leadership in Ottawa and Alberta will allow Canada to shed its international reputation as an environmental pariah, premiers asserted Monday as they arrived for their first formal meeting with a prime minister in nearly seven years.

Premiers praised Justin Trudeau's willingness to take national leadership on the climate change file at next week's United Nations climate summit in Paris.

And they applauded Alberta Premier Rachel Notley for unveiling Sunday a climate strategy that includes a hard cap on greenhouse gas emissions from the oilsands, which have been labelled “dirty oil” by international critics, including U.S. President Barack Obama, and have become a symbol of Canada's alleged environmental neglect.

British Columbia Premier Christy Clark said the international focus on the oilsands has obscured measures provinces have been taking to combat climate change, including B.C.'s carbon tax which she labelled the best in the world.

“We have had a black eye for a long time on environmental

“Our country needs a serious effort in rebranding on this theme of climate change and energy.”

Premier Philip Couillard

issues and we have not deserved it,” she said.

“But now we're getting a chance to show the world really what we've been doing all these years and I think they'll be a little bit surprised.”

The first minister's meeting is not expected to produce any new national target for reducing

emissions or policies for achieving it. It is aimed more at demonstrating a new tone in the run-up to the Paris summit.

Within 90 days of the summit, Trudeau has promised to hold another first ministers conference to hammer out a national climate strategy.

At that point, the prime minister will have to mediate conflicting demands from premiers over how to disperse the billions he's promised in federal funding to help provinces reduce their carbon footprint.

But the potential for a squabble over money didn't dampen premiers' enthusiasm Monday for finally having a federal partner in the fight against climate change. THE CANADIAN PRESS

CLASS CANCELLATION

University distances itself from yoga controversy



Haley Ritchie
Metro | Ottawa

A decision by the University of Ottawa's student association to cancel yoga classes because of “cultural appropriation” is sparking international debate.

The Ottawa Sun first reported on Friday that a free yoga class offered out of the Centre for Students with Disabilities at the university had been cancelled due

to cultural concerns. Romeo Ahimakin, the student association's acting president, told the newspaper the program was on hold in order “to make it better, more accessible and more inclusive to certain groups of people that feel left out in yoga-like spaces.”

The story was then written about across Canadian media and later was picked up by the Daily Mail, Washington Post, People Magazine and TIME magazine.

Jennifer Scharf, who taught the class, told the Washington

Post she was unhappy with the decision to cancel the class.

“This particular class was ‘intro to beginners’ yoga,’ because I'm very sensitive to this issue,” Scharf told the newspaper. “I would never want anyone to think I was making some sort of spiritual claim other than the pure joy of being human that belongs to everyone, free of religion.”

On Monday, the University of Ottawa was quick to clarify that it was not responsible for the cancelled class.

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LOCKDOWN

Web users get frisky with Belgian police

What police force would start playing along with a practical joke when the capital is facing its highest state of alert and its most-wanted fugitive is still on the run? Right! This is surreal Belgium.

Late Sunday, police asked people to stop commenting on ongoing raids in social media to avoid tipping off suspects.

En masse, they did more than that, becoming mischievous within minutes.

The hashtag #BrusselsLockdown suddenly shifted from serious to humorous, tweeting a flood of pictures of all-too-innocent cats in all kinds of situations — holding their paws up as if captured, posing as police snipers with automatic weapons and ignoring police warnings to stay away from windows.

Within hours, federal prosecutor Eric Van Der Syp said police



Belgian police posted a bowl of cat food to their Twitter account. AFP/GETTY IMAGES

wanted to thank "social media users because they took the need of this operation into account."

Police joined the party on Monday, posting a picture of a dish overflowing with dry cat food labelled, "For the cats that came to our aid last evening. Serve yourself! #BrusselsLockdown." THE ASSOCIATED PRESS

Brussels 'surreal' in wake of terror alert

BELGIUM

Citizens trying to wrap heads around terror threat, soldiers

Brussels is more accustomed to the toing and froing of European diplomats than to truckloads of soldiers patrolling the streets. Its stores and markets should be bustling in the run-up to Christmas.

But three days of the highest terror alert and unprecedented measures that have closed down the city's subways, schools and main stores have created a very different atmosphere as the Belgian capital tries to avoid attacks similar to the ones that caused devastating carnage in Paris.

"It's fitting since Belgium is the birthplace of surrealism, but there is an otherworldly feeling here," said Jan Van Gent, a retired pharmaceutical manager. "This is like a Magritte painting, to see these soldiers in a nice town where they don't belong."

Others weren't convinced the government's actions were anything more than a PR move.

"They have a lot of attention on them now so they have to prove they're doing something, but I don't know how much difference this will make," said Maxime Legena,



Belgian police officers patrol the Grand Place in downtown Brussels, Belgium. Brussels has entered its third day of lockdown, with schools and underground transport shut and more than 1,000 security personnel deployed across the country. MICHAEL PROBST/THE ASSOCIATED PRESS

an IT technician. "We don't really know how big this threat is because the government hasn't said very much."

But he did appreciate one unintended side-effect of the attempts to shutter the city: "My drive to work was much faster today because there's nobody on the streets."

Brussels native Jacqueline Vander-Poelen, who lives near the city's Medieval Grand Place square, said the noise of police operations and reporters scur-

rying to cover them made for an annoying weekend.

"What's making me scared is the alarmist journalists saying there's going to be another attack," Vander-Poelen complained.

While she couldn't remember any other instance where the city shut down so completely, she said residents would likely accept whatever measures were necessary to defeat extremists.

THE ASSOCIATED PRESS

IN BRIEF

U.S. attacks 283 ISIL oil trucks over weekend

Accelerating its attacks on one of the Islamic State of Iraq and the Levant's most important sources of income, the U.S. military said Monday it destroyed 283 tanker trucks used by the militants to transport oil from producing fields in eastern Syria to smuggling points.

The attack by four A-10 attack planes and two AC-130 gunships was carried out Saturday at a site near Deir el-Zour and al-Hasakah but not reported until Monday.

THE ASSOCIATED PRESS

Putin visits Iran to discuss international peace plan

Russia's President Vladimir Putin visited Tehran for talks with Iranian leaders that focused on the Syrian crisis and an international peace plan. THE ASSOCIATED PRESS

Clarification regarding female-bombers story

The file photo of students in Tehran published with a story about female suicide bombers in Metro's weekend edition was taken in 2006. The published caption contained incomplete information.

+ TRAVEL ALERT

Americans should be alert to possible travel risks, the State Department warned Monday. A travel alert, in effect until Feb. 24, said current information suggests that militants with ISIL, al-Qaida, Boko Haram and other terrorist groups continue to plan attacks in multiple regions.

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AN IVANHOE CAMBRIDGE EXPERIENCE

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Children stand behind a police barricade outside the Radisson Blu hotel in Bamako, Mali, Saturday, the site of a terrorist attack on Friday. THE ASSOCIATED PRESS

Mali hotel target of deadly gunfire attack

EXTREMISM

Two terrorist groups claim responsibility for killings

Mali began a three-day mourning period with flags flying at half-staff on Monday for victims of the assault on a luxury hotel full of foreigners, a day after a dueling claim of responsibility emerged.

The Islamic extremist group, Al-Mourabitoun, that first claimed responsibility for Friday's assault issued a new audio recording identifying the two gunmen, according to a Mauritanian news site that often receives messages from Malian extremists.

The group said the two were the only assailants in the attack that killed 19 people. Initial re-

ports from witnesses and officials suggested there could have been as many as 10 gunmen. The bodies of only two gunmen were recovered from the scene.

The recording from the Al-Mourabitoun (The Sentinels) group identified the gunmen as Abdel Hakim Al-Ansari and Moadh Al-Ansari, Al-Akhbar said in an article posted online Sunday. No nationalities were given, though the name "Al-Ansari" suggests they were both Malian.

Meanwhile, a different extremist group that emerged only this year also issued a claim of responsibility. The new group, the Macina Liberation Front, is active in central Mali and said it had worked with yet another militant group, Ansar Dine. The claim said the attack was in retaliation for Operation Barkhane, the regional French fight against Islamic extremists, according to Radio France Internationale.

France's Defence Ministry

19 dead

On Monday morning, the national flag outside Prime Minister Modibo Keita's office was lowered to half-staff just after sunrise. "We are aware that the country is in crisis and we must stand with the victim's families," said Makan Kone, a spokesman for Keita, adding that the ceremony was "to show our pain for the death of 19 people." THE ASSOCIATED PRESS

on Monday provided details of French support during the siege, describing how 40 French special forces arrived in Bamako at 3 p.m. and helped Malian forces move floor by floor "to flush out the terrorists." Two of the troops were slightly injured, the statement said. THE ASSOCIATED PRESS

BUNCHEMS

Toy produces hairy situation

They're a popular toy for kids, but some parents are seeing red over Bunchems, a toy many say is getting tangled in their children's hair.

Bunchems are colourful balls that can be stuck together to build pets, bugs and other creations.

"They stick and stay then pull apart for endless play," the company website reads.

"A Toy Spawned From the Darkest Depths of Hell" is how one father described the toy in a scathing Amazon review, after he said he spent two hours trying to remove them from his daughter's hair.

"Buy this toy for someone if you hate them or their child," Ethan Benoit wrote on Sept. 6. "They bring pain and misery, tears, fighting, broken and ripped hair, and questions of one's sanity in handling life in general."

Arlene Biran, vice-president of marketing at Spin Master, the company behind Bun-



Bunchems has been nominated for activity toy of the year in the 2016 Toy of the Year Awards. WWW.TARGET.COM

chems, said Bunchems are only intended to be linked to other Bunchems.

"The Bunchems packaging and directions clearly state: 'Caution: Keep away from hair. May become entangled.' We recently changed the colour of the warning to make it even more identifiable when opening the packaging."

Bunchems are recommended for children aged 4 to 9.

After hearing about the hair tangles, Spin Master released a video on YouTube at youtu.be/S41FjlpPJTo on how to remove them from hair. The company's instructional video says vegetable oil and conditioner are your best bets to get them out.

But the company's suggested fix hasn't worked for everyone. "This didn't work and had to cut a client's beautiful hair. Bad product!!" one YouTube user commented on the video.

"Conditioner and oil only made it worse," another said. Not everyone is blaming the company for the problem, though.

"Are you that inattentive of a parent that 5+ of these balls are getting stuck in your kid's hair? Is this really the manufacturer's fault? No, it's a parenting fail," L. wrote in an Amazon review.

TORSTAR NEWS SERVICE

SEAFOOD SUPPLIERS

Nestle admits worker abuse

Impoverished migrant workers in Thailand are sold or lured by false promises and forced to catch and process fish that ends up in global food giant Nestle SA's supply chains.

The unusual disclosure comes from Geneva-based Nestle SA itself, which in an act of self-policing planned to announce the conclusions of its year-long internal investigation on Monday.

The study found virtually all U.S. and European companies buying seafood from Thailand are exposed to the same risks of abuse in their supply chains.

Nestle SA, among the biggest food companies in the world, launched the investigation in December 2014, after reports from news outlets and non-

government organizations tied brutal and largely unregulated working conditions to their shrimp, prawns and Purina brand pet foods.

The labourers come from Thailand's poorer neighbours Myanmar and Cambodia. Brokers illegally charge them fees to get jobs, trapping them into working on fishing vessels and at ports, mills and seafood farms in Thailand to pay back more money than they can ever earn.

"Sometimes, the net is too heavy and workers get pulled into the water and just disappear. When someone dies, he gets thrown into the water," one Burmese worker told the non-profit organization Verite commissioned by Nestle.

Nestle said it would post the reports online — as well as a detailed year-long solution strategy throughout 2016 — as part of ongoing efforts to protect workers. THE ASSOCIATED PRESS

market minute

	DOLLAR
	74.78¢ (-0.15¢)
	TSX
	13,382.38 (-51.11)
	OIL
	\$41.75 US (-0.15¢)
	GOLD
	\$1,066.80 US (-\$9.50)

NATURAL GAS: \$2.343 US (+5.2¢)
DOW JONES: 17,792.68 (-31.13)

IN BRIEF

Ford recalls 450,000 mid-size cars

Ford is recalling nearly 452,000 mid-size cars because the gas tanks potentially can leak fuel.

The recall covers certain 2010 to 2011 Ford Fusion and Mercury Milan sedans built in Mexico from July 21, 2008, through March 4, 2011.

About 411,000 of the cars are in the U.S., with nearly 34,000 in Canada and just over 7,000 in Mexico.

THE ASSOCIATED PRESS

TAXATION

Pfizer and Allergan deal sparks outcry

A \$160-billion deal announced Monday to merge Pfizer and Allergan and create the world's biggest drug company renewed the outcry in Washington over "inversions," in which U.S. corporations combine with companies overseas to lower their tax bill.

The combination — the second-largest merger in history — could have ramifications around the globe, pushing up drug prices and spurring more

such deals in the fast-consolidating health-care sector and other fields.

In what would be the biggest inversion ever, New York-based Pfizer could save hundreds of millions in U.S. taxes annually because it would move its tax headquarters to Ireland, where Allergan is based. That would enable Pfizer to slash its tax rate from around 25 per cent this year to about 18 per cent.

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EMMA TEITEL: ON THE PARIS CLIMATE TALKS

Whether our government changes its policies in any meaningful way regarding the oilsands or any other environmental issue, how much does policy matter in combatting climate change if people, by and large, do not give a damn?



On Monday, Trudeau met with Canadian premiers to discuss a problem most people (myself included) either ignore completely or lament for 30 seconds before changing the subject to more current, pressing matters.

That problem is climate change, the alleged End of Days brought to you by selfish, insatiable mankind. Trudeau will attend the climate change conference in Paris next week, but before he sets off, he'd like to showcase Canada's newfound environmental fervour to the wider world.

Of course not much has changed in the short time the PM has been in office; for now the Liberal government will pursue the same emission reduction targets proposed by the Conservatives under Stephen Harper. However, Trudeau has promised another climate change meeting with premiers 90 days after the Paris talks, at which more robust goals may be set. After all, Trudeau renamed the Ministry of the Environment and Climate Change, which many maintain was a deliberate and powerful attempt at battling climate change denial.

Minister Catherine McKenna wants incentives — and disincentives — for climate change plans. And yet, whether next week's Paris talks and subsequent meetings with premiers are

fruitful — whether in fact, our government changes its policies in any meaningful way regarding the oilsands or any other issue pertaining to the environment — one has to ask: How much does policy matter in combatting climate change, if people by and large do not give a damn about it?



NOT SCARY We need a bit more fear-mongering about climate change, or ambitious targets to cut emissions will lapse as badly as people with grand plans to use a green bin, Emma Teitel writes. TORSTAR NEWS SERVICE

Unless you are a self-avowed environmentalist, chances are you do not think at length about melting ice caps and sinking cities worlds away. This doesn't mean you don't think these things are important; it means, much worse, that they don't scare you.

In fact, just over half of Canadians believe climate change is man-made — which is to say just over half believe we can do something to curtail it. And there's a big difference between declaring belief in a problem and changing your lifestyle or voting habits to curb that problem.

It's interesting that despite 32 years in politics and a charismatic high-profile leader, the Green Party has not inspired significant interest from the general public. Before the federal election, the National Post

editorial board argued that the Greens' inability to "catch fire may lie more in public doubts about their policies or fitness to govern than any unfairness in the system." (Party leader Elizabeth May argues the Greens are routinely shafted by the country's electoral process).

There may be some truth to this theory, but isn't it far more likely that Canadians do not pay much attention to the Greens or the governing party's climate change plans because we perceive climate change as a far, faraway problem, scary only if you are in possession of impeccable foresight? It could be argued that the Green Party is a lot like the green bin: You know should give it a try, but you never get around to it.

The exceedingly lame climate-change joke — "Where is global warming when you need it?" — is all the rage on a sub-zero winter's day in Canada. And though it is just a joke told by many well-informed Canadians who would never question the veracity of climate change, there is a kernel of heartfelt resignation at its core. When your knuckles

are dryer than the Sahara because it is freaking freezing outside and you've got a hundred and one things to do before dinner, you will not prioritize a global problem with no definitive solution that will affect you either in old age, or (better yet) in the grave. This isn't human avarice; it is human nature.

Which is why I'd wager that the only way world leaders and activists can change human perception of climate change, in addition to public policy, is through a healthy dose of fear-mongering. In fact, political fear-mongering, a tactic used in this country to prejudice us against a small minority of niqab-clad women, is actually prudent in the fight against climate change, a material threat that, unlike the others mentioned, will wreak havoc in our land.

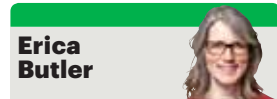
Yet public rhetoric and activism around the issue seems to always appeal to the alleged nature lovers in us. Save the polar bears; preserve Canada's beauty; reduce, reuse, recycle. Some advice for Trudeau's new Ministry of the Environment and Climate Change? Alter your tone: less Inconvenient Truth, more Day After Tomorrow; less "Kumbaya," more FernGully: The Last Rainforest.

Scare us and scare us good, because if people can't find time to care about the fate of Mother Nature, they will always find time to care about their own.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

YOUR RIDE

An excellent year for cycling in Halifax — bring on the bike lanes



Back in 2002, I attended a meeting to hear about a "Blueprint for Bicycle-Friendly Halifax Regional Municipality." The Blueprint included detailed, practical proposals to help create infrastructure that could help double the share of trips people were taking on bike. It was a hopeful time.

Halifax Regional Council even approved of the Blueprint, but in a classic political move, didn't fund it. It languished in drawers for years.

Last week I attended a party celebrating the eighth anniversary of the Halifax Cycling Coalition (HCC). When co-chair Ben Wedge got up to give his roundup of the past year, he commented that previously, the year-in-review was a tough gig, as there was often so little to report. By contrast, this year's list seems long. This year it seems hard to deny that there's a positive momentum in bike infrastructure.

Let's take a look.

Halifax opened its first-ever protected bike lane on the newly aligned Rainnie Drive, and our second will likely happen sometime early next year, if the legal issues surrounding the space on University Avenue are resolved in time.

The Rainnie Drive lane, if laughably short, is important because of its design. Not only is it the first lane

protected with posts, but it's two-way on a one-way street, another first for Halifax.

We also got our first seasonal on-street bike parking off Agricola St., an HCC project funded by the District 8 capital fund. More are being planned for spring 2016.

The long-delayed Hollis Street bike lane finally made it to the pavement, complete with a painted buffer to make it easy for drivers to follow the one-metre rule.

A small but personal favourite was the multi-use path built to connect Vernon Street and Windsor Street via Quingate Place, further completing this north-south corridor.

The HCC's current major campaign is On Track for 2020, a call for 100 kilometres of safe bike routes within the next 5 years. On Track details plans for about 40 km of protected lanes, with another 60 km consisting of on-street lanes or traffic-calmed local street routes.

Maybe I'm getting ahead of myself, but based on what's been accomplished this past year, it seems as though the city increasingly has the expertise and the political will to actually implement something like On Track for 2020.

So happy birthday, HCC. I'm looking forward to what you can help accomplish in your next eight years.

Erica Butler lives in Halifax and uses transit, a car and a bicycle to get around the city. You can follow her on Twitter at @HabitatRadio.

Some advice for Trudeau's new Ministry of the Environment and Climate Change: Less Inconvenient Truth, more Day After Tomorrow.

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Strategize your holiday eating

HEALTH

Fight excess through moderation, mindfulness

Devon Scoble
For Metro

It's January 1st and you're hung-over, bloated, and one cookie away from total self-loathing; you'd be lost if not for those resolutions you're definitely starting tomorrow.

If that sounds familiar, then "why not fix it before you break it?" and start your New Year's resolutions today, asks The UnDiet Cookbook author Meghan Telpner.

"It might not be 100 per cent, but you're exploring your options so that when the holidays come you already have a sense of moderation."

Home is where the heart and hips are healthiest

A November 2014 study published in Public Health Nutrition found that people who frequently cook at home "consume fewer carbohydrates, less sugar and less fat than those who cook less or not at all."

While you're at it, Telpner suggests batch-cooking healthy soups, stews and sauces.

Stock your freezer so you can alternate future festive fare with wholesome home cooking.

Flavours worth savouring

Multiple studies show that mind-



Thinking about New Year's eating resolutions? Why not start early and approach the holidays with more moderation? ISTOCK

ful eating — paying attention to the experience of dining — helps reduce caloric intake.

"If we help ourselves to a delicious sweet, we should really appreciate its colour, its shape, and the time and energy that went into making it," says nat-

uropathic doctor Leslie Solomonian. Follow this approach and you'll not only eat less — you'll enjoy more.

Healthful holiday mind games

Many of us of alleviate stress by

consuming, says Solomonian, especially around the holidays.

Each time you reach for a treat, she suggests asking yourself "what is it that I'm thinking or feeling now? Am I genuinely hungry or am I feeling bored? Or angry? Or worried?"

Practice now before the emotional intensity of the season ramps up.

"It's not just about diet and exercise," reminds Telpner, "but also the mind."

Seeking moments of quiet, or exercising — which benefits



It is not just about diet and exercise, but also the mind.

The UnDiet Cookbook
author Meghan Telpner

body and mind — will also help you manage temptations and frustrations.

Kindness is key

Compassion is essential to breaking the cycle of excess and denial, says Solomonian, and can be practiced in many ways. Focusing on positive behaviours — eating more vegetables, enjoying more outdoor exercise — is more satisfying than simply eliminating "bad" habits.

Occasional overindulgence isn't the worst thing either, so don't beat yourself up if you do go overboard. Just down a big glass of water and remember that a balanced life is the gift that keeps giving.

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- 5 Hedley Hello
- 4 Nathaniel Rateliff & The Night Sweats S.O.B.
- 3 DNCE Cake By The Ocean
- 2 Justin Bieber Sorry
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Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

THIS WEEK: Olivieri Pasta Sauces

The sauce you pour over your pasta makes the meal. While most of us don't always have the time for homemade sauce, there are fresh store-bought options that even the most traditional Italian grandmother will approve of! Olivieri sauces are made without artificial ingredients or colours and are found in the refrigerated section of your grocery store. They can be microwaved and leftovers can be frozen. Fettucine Alfredo sauce might seem like the option to skip, due to the creamy texture, but take another look:

PICK THIS

Olivieri Classic Alfredo Sauce (1/2 cup)

Calories 160
Fat 13g
Saturated fats 8g
Sodium 450mg

SKIP THIS

Olivieri Basil & Cheese Pesto (1/3 cup)

Calories 540
Fat 54g
Saturated fats 10.5g
Sodium 1080mg

HERE'S WHY


Equivalent — contains as much fat as 5 McCain Deluxe Pizza Pockets

Pesto may seem like a lighter option than a creamy Alfredo, but the main ingredients are oil and cheese, which accounts for the excess calories, fat and saturated fat. While pesto should be used more sparingly than a traditional sauce like Alfredo, we often add way more pesto than necessary. Though oil is heart healthy, it's not hip healthy! So enjoy the creamier sauce this time around and keep the pesto for adding a dollop over your foods.

DIY VEGAN
Cookbook shares tips on creating plant-based staples

Nicole Axworthy and Lisa Pitman grew tired of scrutinizing food labels to ensure products adhered to their vegan diets.

They decided the only sure bet was to steer away from the store and towards the kitchen to customize their own homemade plant-based cuisine.

"I think one of the biggest things that we see in the food industry is the overabundance of processed foods and fast foods," said Axworthy.

"We really wanted to break it down and make it simple for people. And show people that it's easy, that you can still enjoy nachos and mac and cheese and cereals and all those things with basic ingredients."

The Toronto-based pair, who are both contributing editors at VegNews magazine, feature 135 recipes for everyday food staples free of animal byproducts in their new cookbook *DIY Vegan* (St. Martin's Griffin).

The cookbook offers a comprehensive breakdown of vegan pantry essentials including natural sweeteners; oils and fats; nuts; dried fruits; vinegars; oats; quinoa and millet; and flours derived from almond, buckwheat or chickpeas.

Once the pantry is stocked, readers can start off with the



SAY VEGAN!
Cashew-based cheeses teamed with crackers would be "an awesome holiday appetizer."

Clockwise from bottom left: Date and Fig Cashew Cheese, Spicy Jalapeno Cheese, Cultured Nut Cheese and Cheddar Cheese. HANDOUT/THE CANADIAN PRESS

basics such as making their own dairy-free milks and cheeses, broadening into breads, dressings, sauces, seasonings and condiments, and rounded out by comfort foods like mac and cheese, pizza and desserts.

While it may seem daunting to create such food essentials from scratch, Axworthy said what's key is making the process routine, such as soaking cashews prior to bed to make dairy-free milk first thing in the morning.

With the holiday season com-

ing up, some individuals hosting dinners may be unsure of what to prepare for vegan guests.

Axworthy said as a vegan, she finds "side dishes (are) really where it's at."

"They can be especially nutritious and filling if they're made with whole grains and vegetables and greens and beans," she said.

"One thing that the host can do is just make some easy substitutions. For example, replacing the butter for vegetable-based oils, or putting the cheese on

the side for people who want it ... or replacing the chicken broth with vegetable broth."

Cashew-based cheeses teamed with crackers would be "an awesome holiday appetizer," Axworthy added.

As for sweet treats, Axworthy said there are substitutions that can be made for ingredients that are central in many baked goods.

For example, a mixture of flax seed and water replaces egg, and cold coconut oil can add a flaky texture to a premade pie crust.

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5 OFFBEAT WORKOUTS TO KEEP YOU MOVING ALL WINTER

Baby, it's cold outside! While the weather is frightful these five fitness trends are delightful. Metro has rounded up some indoor workout options to keep your blood pumping this winter. From swimming and scrambling, to "serving all this, swerve, surfing all in this good, good" like Beyoncé sings. TORSTAR NEWS SERVICE/METRO



1 Mermaid madness

Slipping into a mermaid suit and swimming across a pool might sound like something out of a fairy tale, but some consider it serious fitness. Halifax, Ottawa, Toronto, Winnipeg, Calgary, Vancouver are all home to their very own mermaid swimming school where patrons who are willing to shell out the cash can get an aquatic workout.



2 Indoor obstacle courses

At some point, as you slog your way through thigh-deep mud, scramble under barbed wire or try to scale a very high wall you might stop and wonder just where your fitness plan got so off track. Obstacle courses like Tough Mudder have taken off in recent years and Toronto's 10,000 square-foot indoor training centre Pursuit OCR now offers year-round access to a course.



3 Being Beyoncé

If booty popping and sassy walking is more your speed, Toronto-based actor and drama instructor Nicky Nasrallah teaches classes featuring Beyoncé's dance routines so everyone can learn how to run this world like Queen Bey.



4 Footloose and fancy free

If all else fails and there's always Prancerise, a musical combination of prancing and ankle weights. If you're having trouble visualizing what a rhythmic horse's gait might look like, check out John Mayer's music video for his 2013 single Paper Dolls, which features Prancerise's creator Joanna Rohrbach showing off "a prance to romance to."

5 Workout wave of the future

Surfset Toronto provides a form of fitness that's totally radical. For those looking to hang 10 — or just lose 10 pounds — the gym offers lessons atop moving surfboards that recreate the feel and challenge of surfing.



NEUROGASTRONOMY

How the brain adds flavour

Neurogastronomy is a relatively new phenomenon in the worlds of neurology and culinary expertise. It seeks to understand taste preferences and how the experience of eating could be modified by factors other than taste and smell.

Neuroscientists at the University of Kentucky in the U.S. and a number of renowned chefs have undertaken an experiment to see how patients with taste impairments could recapture the joy of food. They announced their conclusions at a symposium organized by the International Society

of Neurogastronomy which was held in Lexington earlier this month.

During this event, participants could visit eight tasting stations which demonstrated how our perception of flavours is not just influenced by the palate and the tongue. The participants covered their eyes and nose, sniffed scent jars, and ate while listening to different genres of music.

BRAIN FOOD

The brain uses all the senses to perceive flavour. Researchers are interested in modifying the eating experience by taking all of them into account.

The aim was to explore the possibilities of improving the quality of life for patients who had lost their sense of taste or smell as a result of chemotherapy, brain lesions, a stroke, or neurological diseases like Alzheimer's and Parkinson's. And teams of neuroscientists, chefs and cancer patients competed with each other to make food that would appeal to the taste-impaired. AFP

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Afterlife bad news for The Leftovers

THE LEFTOVERS, SEASON TWO, EPISODE EIGHT (HBO)

Kevin Garvey (Justin Theroux) wakes up in a bathtub and slithers out, naked and choking.

Because he died at the end of episode seven, we know this must be, if not the afterlife, an afterlife. (If you haven't watched *The Leftovers*, put this down and go watch.)

For we devotees, this is a Significant Moment. It means that Kevin survives, which is good news. But it also means that, in the universe of this show, there's an afterlife.

To me that's bad news. Until now, there's always been one big mystery with no solution — one October day, many people on earth suddenly disappeared — plus countless little mysteries that those left behind have created in reaction to the big one.

But the little mysteries always had earthly explana-



Kevin Garvey's death could have been a moment to explore mortality. But no.

tions. The show meted out details until they were solved, and the collective "Ohhh" you heard echoing through the televerse was earned. Mulling over episode six (which I did a lot this week — one pleasure of not binge watching), I'd decided there was a sad grandeur to Kevin's killing himself. He'd always struggled to continue living in a "normal" way, to resist the lunacy around him, to solve the mysteries.

Then he bought into one, to the extent that he believed he could return from death. For a few minutes we viewers held our breath. When he died, this realization washed over me: "You bought in, too! Madness is contagious! How brilliant!"

I thought his death had meaning because it illuminated something about being mortal. But no. There's an afterlife now. Sigh.

WOMANHOOD

Jolie Pitt is all about menopause

Ned Ehrbar
Metro | Hollywood



It turns out Angelina Jolie Pitt — who has never shied away from talking about anything, even a double mastectomy — has found a new facet of womanhood to promote and take the stigma away from, and it's the change.

"I actually love being in menopause," the 40-year-old actress and director tells the Telegraph.

And if you think 40 is a bit young, she explains that her surgeries to prevent ovarian and breast cancer caused physical changes that triggered it earlier than might otherwise have happened.

"I haven't had a terrible reaction to it, so I'm very fortunate. I feel older and I feel settled being older. I feel happy that I've grown up. I don't want to be young again."

We get it, Angie. There isn't anything out there you can't be cool with.



Angelina Jolie Pitt in *By the Sea*. The 40-year-old actor/director says she "loves" being in menopause. HANDOUT

JON SNOW

Game of Thrones teases with poster

Ned Ehrbar
Metro | Hollywood

Just when all that silly speculation about whether or not Jon Snow is alive on *Game of Thrones* had finally started to die down, HBO has to go and revive it all anew.

A tantalizing new poster for the hit show's sixth season shows a monochromatic close-up image of Snow (Kit Harington) with his face pointing downward and splattered with red blood.

It doesn't necessarily say

he's alive, but it at least suggests he'll play a role in the new season.

But we'll have to wait an exceedingly, annoyingly long time to find out what's going on, as the poster's lone, concrete piece of information — the word "April" — tells us.



GOSSIP BRIEFS

K-Fed disses Beyoncé's looks

When sports blog Terez Owens tweeted about Beyoncé and Jay Z attending the Canelo vs. Cotto boxing match in Las Vegas this weekend, noted ex-husband of Britney Spears Kevin Federline decided it was the perfect opportunity to offer his unsolicited opinion about Bey's features. "She looked Botoxed," he tweeted. "So sad when a beautiful woman chops and screws her face up with Botox and surgery," followed by "#sawface."

NED EHRLBAR/FOR METRO
HOLLYWOOD

Will RiRi drop album on Tidal?

Rihanna fans have been speculating about when her next album will drop for months, and it seems that the wait may soon be over. Twitter is abuzz saying she will release a new album this Friday exclusively on Tidal and then release it on iTunes Dec. 4. With Apple Music courting celebrities such as Drake and Taylor Swift — both of whom dropped their albums early on the music service — it would be a bold move for Rihanna. The album — which will be called *Anti* — will be Rihanna's first album since 2012's *Unapologetic* and will include her three current singles — *FourFive Seconds*, *B— Better Have My Money* and *American Oxy-*

gen. EMILY
LAURENCE/
METRO
NEW
YORK

Beyonce Domestic Long Hair

11 year-old Beyonce finds herself back in the shelter after being adopted a few years ago because her guardian moved and could not take her along. Like her namesake, she has an air of confidence and glamour. She is somewhat aloof so would be best matched with someone who wants a sophisticated feline companion who enjoys her own space. Despite her independence, Beyonce enjoys having her beautiful calico fur brushed and likes to sleep on her human's bed. She is used to being around dogs and is a low-maintenance, easy-going cat. **Why not drop by the shelter to meet this gorgeous girl?**



For more information on **Beyonce** and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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Redblacks go back to work

103RD GREY CUP

Ottawa club refocuses after dramatic win over Hamilton

Henry Burris woke up Monday morning still riding high off the emotion of the Redblacks' dramatic victory in the East Division final. But while his big play in the closing minutes helped erase decades of football frustration for the city of Ottawa, Burris says the team needs to start looking forward quickly.

Burris connected with Greg Ellingson for a late 93-yard touchdown pass to lead the Redblacks to a 35-28 win over Hamilton on Sunday. It marked the first time an Ottawa football franchise advanced to the Grey Cup final since 1981.

The Redblacks will take on the Edmonton Eskimos, who defeated Calgary 45-31, Sunday in Winnipeg.

"It seemed as if we were battling against a great Hamilton Tiger-Cats team, and also all the frustration of the past that have occurred here in Ottawa, but once Greg made that catch it felt like the bubble burst," Burris said. "It was like all the things in the past we let bygones be bygones and the fans did the same and we have a great memory that will be remembered for a long time, especially with that play that was made. Now we can make even much better memories if we can go out



Redblacks wide receiver Greg Ellingson, left, fends off Tiger-Cats defensive back Emanuel Davis on his way to scoring the winning touchdown in East Division final in Ottawa, Sunday. ADRIAN WYLD/ THE CANADIAN PRESS

to Winnipeg and get it done."

As exciting as the win was, the team was back at work first thing Monday morning preparing for the Eskimos.

"Yes we're excited and it was a big day (Sunday), but there's more work to do and these opportunities don't come around all the time," said Rick Campbell, who will be making his first Grey Cup appearance as a



We have the right mixture of play-making ability, leadership, experience, knowledge, but the belief is through the roof.

Redblacks QB Henry Burris

head coach. "The way to make the most of the opportunity is make sure you go there and work hard and do all the things

we normally do as far as meeting and practices and all that stuff and get ready to play another football team."

+ TENACIOUS D

62

Ottawa's defence led the league in sacks with 62 this season. It also ranked first in fewest rushing yards (70.8) and total yards (297.6).

18.9

Edmonton was the league's stingiest unit (18.9 points per game) and toughest to pass against (245.2 yards).

that locker room. To see the way all the guys love each other the way we do is very uncommon. We have the right mixture of play-making ability, leadership, experience, knowledge, but the belief is through the roof. All of us will die for each other in that locker room."

The Redblacks lost both of their games against the Eskimos early in the season and know they will be facing the top defence in the league.

"We've grown leaps and bounds there's no question about that," said offensive coordinator Jason Maas. "That's why I do feel confident that we can go in there and make some things happen against them, but at the same time they've grown too." THE CANADIAN PRESS

Reilly and Eskimos look to make it 10 straight wins

Mike Reilly and the Edmonton Eskimos head into the Grey Cup on quite a roll.

Edmonton chalked up its ninth straight win Sunday with a 45-31 victory over the Calgary Stampeders in the West Division final. That earned the Eskimos a berth in the CFL championship game against the Ottawa Redblacks.

Ottawa comes into the Grey Cup having won five straight but had its trouble this season against Edmonton. The Eskimos swept the season series 2-0, outscoring the Redblacks 69-29 — although one victory was by a 46-17 margin and both contests were played in July.



Adding to the total

- Edmonton will make its 25th Grey Cup appearance and chase its 14th championship, first since 2005.
- Ottawa won nine Grey Cup titles as the Rough Riders before ceasing operations following the 1996 season.

Ottawa will see Reilly on Sunday for the first time this season. Backup Matt Nichols got both previous starts versus the Redblacks, as Reilly was sidelined with a knee injury suffered in Edmonton's season-opening loss to Toronto in Fort McMurray, Alta.

Edmonton weathered the storm during Reilly's absence, posting a 6-3 record following the starter's injury. In fact, the Eskimos' first two wins of the season came in sweeping the home-and-home series with Ottawa.

But Edmonton has been un-

beatable since Reilly's return as the starter in September. That includes two pivotal victories against Calgary that gave the Eskimos the season series and ultimately tops in the West Division after both teams finished with identical league-best 14-4 records.

Reilly has enjoyed another solid CFL season, completing 214 of 329 passes (65 per cent) for 2,449 yards with 15 TDs and 10 interceptions. Reilly also ran for 324 yards on 66 carries (4.9-yard average) and scored two TDs.

Reilly was impressive Sunday versus the defending-champion Stampeders at Commonwealth Stadium. He completed 31 of 39

passes for 370 yards and three TDs while also running for 30 yards and two touchdowns on seven carries.

Edmonton was pretty good away from Alberta, finishing tied with Calgary for the CFL's best road record (6-3). The Eskimos and Stampeders also had identical 6-2 records in head-to-head matchups versus East Division competition.

THE CANADIAN PRESS



Mike Reilly
THE CANADIAN PRESS

IN BRIEF

Davis Cup set to go ahead amid terror alert in Belgium

The International Tennis Federation says the Davis Cup final is set to go ahead as planned in Ghent this weekend with increased security measures because of the terror alert in Belgium.

Belgium hosts Britain in the three-day final, starting Friday. Ghent is 56 kilometres from Brussels, which is on the highest state of alert because of what the Belgian government calls a "serious and imminent" threat.

THE ASSOCIATED PRESS

'Angels' visited Blatter during recent near-death experience in hospital

Without specifying his illness, Sepp Blatter said in a TV interview that he was near death when hospitalized for stress-related problems this month.

The suspended FIFA president was "between the angels singing and the devil's fire," he told Swiss broadcaster RTS after leaving hospital on Nov. 12. "Happily, I never lost consciousness" when most ill, he added. THE ASSOCIATED PRESS

Olympic draw suits Canada

WOMEN'S SOCCER

Canucks top seed in group; Herdman says it's 'ours to lose'

Canada received a favourable draw Monday in its road to the Olympic women's soccer tournament.

The Canadian women, ranked 11th in the world, were drawn in Group B in Houston with No. 48 Trinidad & Tobago, No. 84 Guatemala and No. 92 Guyana for the Feb. 10-21 CONCACAF qualifier.

The top-ranked United States, as host country, was placed in Group A in Frisco, Texas, with No. 26 Mexico, No. 34 Costa Rica and No. 115 Puerto Rico. The two finalists will represent North and Central America and the Caribbean at the 2016 Games



As 11th seed in the world, Canada should top a group containing teams seeded far lower. MINAS PANAGIOTAKIS/GETTY IMAGES

in Rio de Janeiro in the 12-team Olympic field.

The Americans got the tougher pool but should not be troubled given their status as reigning world champion, with

an 18-0-4 record since their last loss — 2-0 to France in February.

The Americans have been to all five women's Olympic soccer tournaments, winning gold four times, including the last three competitions. Canada won bronze in 2012 and finished eighth in 2008 after losing to the U.S. in the quarter-finals.

Monday's draw likely sets up a final between Canada and the U.S. The Canadians, who will look to win their pool to avoid

meeting the U.S. prior to the final, will probably have to get past Mexico in the semifinal.

Canadian coach John Herdman said Canada will be favoured in its group given its blend of experience and young talent. "When you put that together we are the strongest team in the group, we should be," he told a conference call after the draw. "And it's ours to lose."

He called the draw "a bit of a surprise, but it was a nice surprise at the same time." The Canadians will take nothing for granted, he added.

"I don't think we can't take any team in our group likely. There's definitely some challenges in there."

The Canadians found out that out the hard way in 2004 when Mexico upset them 2-1 in the CONCACAF semifinals to secure the re-

gion's other Olympic berth. The U.S. was the lone CONCACAF representative in 2000 and 1996 when the Olympic field was eight.

Canada will open Feb. 11 against Guyana before facing Trinidad & Tobago on Feb. 14 and Guatemala on Feb. 16. It will not have to travel with the playoffs slated for Houston.

Guyana and Puerto Rico are making their first appearance at the CONCACAF championship. Guyana is coached by Mark Rodrigues, who spent 34 years in the Toronto area before moving to Florida to become executive director of the Greater Tampa Bay Soccer Club. Herdman says Guyana has been recruiting players from around the world.

"The gap has definitely closed," he said. "You know that Guyana will have some players that will cause some problems and will be very well organized."

THE CANADIAN PRESS



Canada coach John Herdman, while happy with the draw, says nothing will be taken for granted. THE CANADIAN PRESS

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RECIPE One-Pot Chicken & Tomato Pasta



PHOTO: MAMA VISIONE

Ceri Marsh & Laura Keogh
For Metro Canada



- Salt and pepper to taste
- 1/2 cup mozzarella

Directions

1. Warm up your olive oil in a large, deep skillet over medium heat. Brown the chicken (you may need to work in batches).
2. Once all the meat is nicely browned (but not cooked through), add the garlic, thyme and mushrooms and let them soften up and kick off their juices. Now add the wine and/or stock, water and tomatoes. Break the tomatoes up with the back of a wooden spoon.
3. Bring the sauce to a bubbly simmer and add your pasta. As the pasta softens up in the heat, push it under the liquid. Depending on which pasta you're using it will take about 15 to 20 minutes. Taste and check seasoning.
3. Top with a big handful of mozzarella.

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This may be the simplest pasta recipe ever but it doesn't scrimp on flavour. And it only dirties one pot so it's basically perfection in the form of dinner.

Ready in

Prep time: 30 minutes

Serves 4

Ingredients

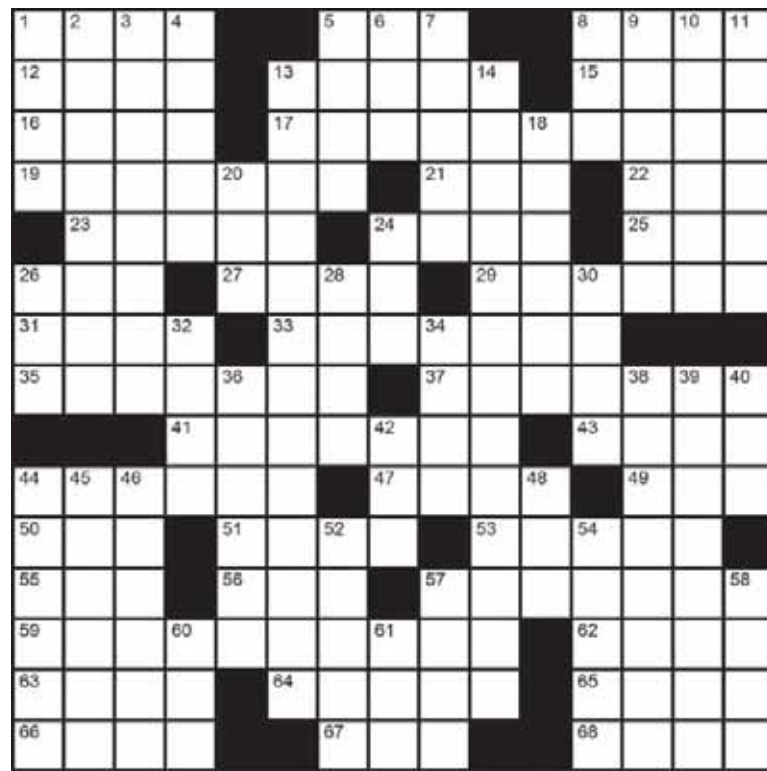
- 1 Tbsp olive oil
- 4 skinless, boneless chicken breasts, cubed
- 2 cloves garlic, minced
- 2 cups mushrooms, sliced
- 1 Tbsp fresh Thyme
- 1/2 cup white wine
- 1/2 cup chicken stock (or 1 cup of stock if you don't have or feel like using wine)
- 1 x 28 oz can of whole tomatoes
- 1 cup water
- 225 grams of dried pasta

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. A few
5. Set-__ (Arguments)
8. Sailboat part
12. Division
13. Mr. Fiennes of flicks
15. Regarding: 2 wds.
16. Mr. Voisine, Canadian singer
17. As per #41-Across... Is an alumnus of The Second City comedy troupe
19. Touch up/in-tensify
21. Boucher-ville buddy
22. 'Tsar' suffix (Russian empress)
23. Showbiz personality Ms. Shore
24. Perfectly, to __
25. Luba of "Royal Canadian Air Farce"
26. Zig's pal
27. Calligrapher's props
29. J.R., Sue Ellen and Bobby
31. Classic range cookers
33. Observes
35. Flamboyance
37. Like a not-erupting volcano
41. "Cityline" guest expert Ms. Smith (More at #17-Across and #14-Down!)
43. TV fuzz
44. Apple drinks
47. Care-__ (Care Bears home)
49. Dove's patter
50. Egg mass



51. Mormon Tabernacle Choir's state
53. Canadian singer Ms. Ord
55. Halifax's famous madam Ms. McCallum (b.1909 - d.1986)
56. Roman sun deity

57. Witty comeback
59. Triumphant
62. Use a wooden spoon
63. Strong as __
64. Marina vessel
65. Joy of Cooking author, __ S. Rombauer

66. Camp shelter
67. Bering, e.g.
68. Blinkers

- Confederacy
3. Madonna's home state
4. Mr. Hawke
5. Gentle
6. Raine Maida's band [acronym]
7. Mother Goose guy Jack

DOWN

1. Certain
2. People of the Hills... One of the nations of the Haudenosaunee

8. Avril's follower
9. Allocate
10. Dictation-taker, for short
11. Not yet tomorrow's
13. Like Canada's storied past: 3 wds.
14. Profession of #41-Across: 2 wds.
18. TV show fan
20. Book publisher, __ A. Talese
24. Prince Edward Island hrs.
26. Handle a laser
28. Second __ War (1899 to 1902 conflict)
30. Belief systems
32. Equivalent
34. Variant-spelled pastoral poem
36. Legendary tenor Enrico
38. Genealogist's specialty
39. Midday
40. One-plus-One
42. Sixth music syllable, variantly
44. Dapper piece of neckwear
45. Scrape application
46. Cleric with a wooden bench
48. Dance style
52. __ Grace (1996 Margaret Atwood novel)
54. Actress Ms. Perez
57. Industrial region of Germany
58. Ages
60. 'Plain' computer file extension
61. Calendar mo.

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Someone you have always thought of as a rival will surprise you today by saying something that makes you feel good. Is it some kind of trick? No it is not. They really do want to be nice to you. Be nice in return.

Taurus April 21 - May 21
What happens today will convince you that what you've been working on is not what you should be doing. Now you're free to pursue something that is much more true to you.

Gemini May 22 - June 21
This is a good time for relationships, especially those that come from the heart. Today, give everything you have got and you will get it back in multitudes.

Cancer June 22 - July 23
If someone you thought you could trust has been telling tales about you behind your back then by all means cut your links with them. But make sure you know all the facts first.

Leo July 24 - Aug. 23
Do only what you want to do. The Sun in Sagittarius at this time of year means it's so easy to have fun, so get out and about, see and be seen and do something truly amazing.

Virgo Aug. 24 - Sept. 23
Important people are watching you and they will like what they see. They will like it even more if you give the impression that you are a team player and not just someone who is in it for themselves.

Libra Sept. 24 - Oct. 23
Your confidence will soar over the next few days and with both Mars and Venus moving through your sign a breakthrough of your kind cannot be far away.

Scorpio Oct. 24 - Nov. 22
If you get more than you deserve there's a cosmic reason for it. Could it be you did a favour for someone earlier in the year and, being the modest person you are, forgot about it? The universe never forgets.

Sagittarius Nov. 23 - Dec. 21
Ignore those who seem to enjoy preaching doom and disaster. Be positive and hope that your can-do attitude rubs off on those who seem to enjoy being negative.

Capricorn Dec. 22 - Jan. 20
The more you have been frustrated in the past the more you will enjoy yourself now. Appreciate your moment in the spotlight but remember: modesty is always attractive — and less likely to make you a target!

Aquarius Jan. 21 - Feb. 19
If you want to make a name for yourself it won't be too difficult. Today's Mars-Saturn link will bring out your ambitious side. You're on your way to the top.

Pisces Feb. 20 - March 20
Everything you believe in is being put to the test. It may be a painful process but it needs to happen so that you can reach a better understanding of who you really are.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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Lease from	Finance from
1.9% [†]	1.9% [†]
for up to	for up to
48 months	60 months
with up to	

\$3,750[‡] quattro
Event Credit

2016 Audi Q3

Lease from	Finance from
2.9% [†]	2.9% [†]
for up to	for up to
36 months	60 months
with up to	

\$2,000[‡] quattro
Event Credit

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